

About You

1. What's your story? (60 second version)
2. What do you like most about who you are?
3. When did you discover who you are?
4. Talk about your personal values.
5. What is the most important lesson you've learned about yourself?
6. Introduce yourself at a dinner party.
7. What's the bravest thing you've ever done?
8. What are three things you can't live without?
9. Describe the most beautiful place you've ever visited.
10. What's the most interesting thing that's ever happened to you?
11. Talk about a book that's had a lasting impression on you and why?
12. What are your life goals?
13. What do you daydream about?

Childhood Reflections

1. Is there anything you miss about childhood?
2. Talk about a moment when you felt grown up.
3. Talk about a lesson from your childhood that has stuck with you.
4. What would your ten-year-old self say to you now?

5. If you could go back and be a child again, how would you change things?

About Your Parents

1. What are your parents' names?
2. If I was to meet your father, what kind of man would I meet?
3. If I was to meet your mother, what kind of woman would I meet?
4. Talk about your relationship with your parents.
5. Who raised you and how?
6. What's your earliest memory of your mother?
7. What's your earliest memory of your father?
8. What traits did you get from your father?
9. What traits did you get from your mother?
10. What did your mother teach you about life?
11. What did your father teach you about life?
12. What are the most important lessons you learned from your parents?

Family Traditions

1. Describe some of your favorite family traditions.
2. Explain family traditions surrounded by meal-time and cooking.
3. Describe any favorite family activities that have been a part of your family for generations.
4. Describe any new traditions created in your family during your lifetime.
5. How do you feel about the importance of honoring traditions in your family?
6. Talk about family traditions and the holidays.

Family Stuff

1. Talk about what family means to you.
2. What were your favorite games growing up?
3. How has your family changed over time?
4. Talk about your favorite family holiday.
5. What is your favorite way to spend time with your family?
6. What are the most important lessons you've learned from your family?

The Big Picture

1. What gives life meaning?
2. If you could change one thing about the world, what would it be?
3. Tell the story of the most amazing technological advance you've seen in your life.
4. What's the best way to achieve world peace?
5. What lessons from the past do you think need to be carried into the future?

Life Lessons

1. Talk about the kindest thing someone's ever done for you.
2. Talk about the most positive change in society during your lifetime.
3. Talk about an experience that changed the way you looked at humanity.
4. Talk about a time you pushed yourself beyond your limits.
5. Who has had the most influence on your life?

Life Purpose

1. How important is it to have a purpose?
2. What gives your life meaning?
3. Talk about a moment your life's purpose became clear.
4. How has your life's purpose evolved throughout your life?

The Future

1. What do you most look forward to in the future?
2. How would you like to spend the rest of your life?
3. What do you still hope to do or see?
4. What gives you hope for the future?

Your Children

1. Talk some about each of your children.
2. What makes each of your children unique?
3. Talk about the similarities and differences between your children.
4. Who do your children take after?
5. What are the best things about having kids?
6. Tell us about your proudest moment as a parent (so far).
7. What do you hope your children learn or inherit from you?
8. What would you say to each of your children?
9. What surprised you about yourself when you had children?

On being a Dad

1. How old were you when you became a dad?
2. What was the most surprising part of becoming a dad?
3. How did becoming a father change you?
4. How did becoming a father challenge you?
5. What is the funniest story you have about being a father?

6. If you had one thing to say to your children what would it be?

On being a Mom

1. What was the most surprising thing about becoming a mother?
2. What is the essence of motherhood?
3. If you had one thing to say to your children what would it be?
4. How old were you when you became a mother?
5. How did becoming a mother change you?
6. What did your children teach you?
7. How did becoming a mother challenge you?
8. What is the funniest story you have about being a mother?
9. If you could change one thing about being a mother what would it be?
10. Talk about the kind of relationship you had with each child.

Messages to Grandchildren

1. Message to your first grandchild [name]
2. Message to your second grandchild [name]
3. Message to your third grandchild [name]
4. Message to your fourth grandchild [name]
5. Message to fifth grandchild [name]